

GOLD SNEAKER INITIATIVE



For Child Care Providers

What is the Gold Sneaker Initiative?

Gold Sneaker encourages licensed Tennessee child care providers to make a commitment to go beyond the minimum licensing requirements to improve the health of the children in their care. Gold Sneaker addresses physical activity, healthy eating and maintaining a tobacco-free environment. The initiative is free to child care providers that have met training and application requirements.

How Do I Become Gold Sneaker Certified?

As of 2019, child care providers and all their educators are required to complete the revised two-hour Gold Sneaker training online or in-person with their local health educator. An online application is then completed on the Gold Sneaker website. A step-by-step user guide is provided and technical assistance is also available.

Gold Sneaker Providers shall agree to:

- ⊗ Provide a balance of teacher and child-led activities, both indoors and outdoors
- ⊗ Provide education to families addressing limits on screen time
- ⊗ Ensure children experience frequent, positive physical activity
- ⊗ Publicly display support for breastfeeding
- ⊗ Ensure adequate time for snacks and meals and educate families about nutrition
- ⊗ Provide a tobacco-free environment



What are the Benefits of Gold Sneaker Certification?

Certified providers receive a toolkit and resource package with items designed to help them complete Gold Sneaker requirements. Providers will have optional learning opportunities on various topics each year and technical assistance is available upon request.

A Gold Sneaker Certified Provider Will Receive:

- ⊗ A toolkit with physical activities, nutrition and tobacco education materials, plus an educational resource package
- ⊗ A certificate signed by the Governor
- ⊗ Two hours of training credit
- ⊗ Recognition on the Gold Sneaker website
- ⊗ Access to an electronic Gold Sneaker logo
- ⊗ Gold Sneaker decals for your facility doors
- ⊗ Up to three stars on the Star-Quality Report Card

Learn more about Gold Sneaker, policy details and certification here:

<https://www.tn.gov/health/goldsneaker.html>

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Department of
Health



Tennessee Department of Health.
Authorization No. 355552. No. of copies, 5000.
This public document was promulgated at a
cost of \$0.10 per copy. 03/2020